

Silver #3

Offer a variety of competitive and non-competitive physical activity programs accessible to all students.



Definition: Your school must provide multiple opportunities for students to practice physical activity through participation in physical education, recess, intramural programs, sports, and recreation clubs. It is important that both competitive and non-competitive activities be provided. Competitive activity is defined as an exclusive activity in which elimination and the creation of a winner is at the forefront. Non-competitive activity is defined as cooperative activities or activities that require participation from all persons at all times.

Rationale: The National Association for Sport and Physical Education understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.¹ Activities that involve team competition make students feel like an important part of their class. When teams are formed in ways that preserve the dignity and self respect of every child the activity is enjoyed more.² It is also important for students to participate in non-competitive activities. It has been found that students who participate in non-competitive activities often have higher self-confidence, more self-management skills, and enjoy physical activity.³

1. National Association for Sport and Physical Education, *National Standards for Physical Education: a guide to Contest and Assessment*
2. University of Wisconsin, *Competitive and Non-Competitive physical Activity*, 2007 www.ediphy.wisc.edu/db/files/appropriate%20practices002.doc
3. California Department of Education, *Physical Education Framework for California Public Schools Kindergarten Through Grade Twelve*. 1994

Resources

PE Central

www.pecentral.org

Human Kinetics

www.humankinetics.com

Peaceful Playground

www.peacefulplaygrounds.com

UDOH 5 Minute Energizers

Local Health Department

Ideas for Non-competitive games

www.funattic.com

Guidelines for After-School Physical Activity and Intramural Sport Programs

http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf

Activities and Lesson Plans

<http://www.hearthighway.org/gms/health.html>

Assignments

School Coordinator Assignments

- Determine which physical activity programs are currently administered in the school
- Determine which programs would be appropriate for your school
- Determine who would lead such programs
- Assist in developing and implementing programs

Mentor Assignments

- Provide a list of ideas/resources that faculty can use to increase the accessibility and variety of physical activity programs
- Assist in developing and implementing programs
- Provide and assist school coordinator with promotion ideas
- Write a description for the mid-year and end-year reports

Silver #3 Ideas

- Competitive Activities
 - Flag tag, Basketball, Flag Football, Baseball, Kickball, Soccer, Tug-o-war, croquet, relay games, Four Square, etc.
- Non-Competitive Activities
 - Jump Rope, hopscotch, Twister, jacks, pick-up Sticks, walking the Gold Medal Mile, Whiffle Golf, etc.



Competitive and Non-Competitive Activities Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement, or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ☐ A list of competitive activities
- ☐ A list of noncompetitive activities



Competitive and Non-Competitive Activities Description

Competitive and non-competitive physical activity is offered at Green Meadow Elementary.

Competitive Activities include basketball, soccer, softball, and four square.

Noncompetitive Activities include jump rope, dance, yoga, skills training, and the gold medal mile.